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Crash spills diesel onto Deerfoot

CLEANUP Fire crews worked quickly to clear 200 litres of diesel spilled onto the road after a multi-vehicle accident yesterday morning on southbound Deerfoot Trail.

Firefighters successfully managed the spill along the edge of Ivor Strong Bridge before it flowed into the Bow River, according to fire spokesperson Jeff Budai.

"It was quite a bit of diesel and we had to make sure we cleaned it up quickly for a number of factors," Budai said, adding sanders and sweepers were also dispatched.

Southbound Deerfoot Trail was closed off most of the day for cleanup.

METRO CALGARY

Comment pg 5

Stand up to pick up?



FocusOn First Nations

For the next week, Metro Canada will be focusing on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

- Today
- Chief Clarence Louie — economic independence for First Nations, pg 5



Door still open: Chief

But province, city insist they will move on after failed ring road deal



Tsuu T'ina Nation Chief Sandford Big Plume defended the decision of band members to vote down the province's ring road proposal, saying the wording of the agreement was unsettling to many of the band members.

AMY GREGSON
for Metro Calgary

The door is still open for the southwest leg of the ring road if the province and city are interested, said the chief of the Tsuu T'ina Nation yesterday.

Chief Sandford Big Plume said the referendum was just a stumbling block and that they are still willing to work out a deal, but they won't be initiating it.

"I'm leaving the door open as council directed me to," said Big Plume. "If they feel this is something very important to (Premier Ed Stelmach's) Conservative government, then I'm available."

Big Plume said the nation is not asking for more money or land, but that the referendum was voted down on June 30 because of the wording of the agreement.

The agreement spoke of a land swap, Big Plume said, but this was not guaranteed, and he added that the language used should have been more definite.

While Tsuu T'ina is leaving the door open, both the

Vote

- Tsuu T'ina band members voted 60 per cent against the province's proposed ring road deal on June 30.

province and city are saying the deal is dead.

Transportation Minister Luke Ouellette said the province is already exploring other options.

"The premier was awfully clear yesterday in that we wouldn't be renegotiating and we will be moving ahead," Ouellette said.

Mayor Dave Bronconnier said it is time to respect the "no" decision voters made.

"They have said that preservation of the reserve in its present state is their priority," said Bronconnier. "I respect that. I also know that Calgarians want us to move forward and deal with the traffic chaos that exists on Glenmore Trail."

Bronconnier said this includes moving forward on the 37 Street and Glenmore interchange that council unanimously voted to explore on Monday.

Police warn Calgarians of high-risk offender

KRISTA SYLVESTER
krista.sylvester@metronews.ca

CAUTION City police are warning Calgarians about a high-risk offender released into the city yesterday after serving a six-year sentence for his second manslaughter conviction.

Matthew Adrian Boyes, 38, poses a significant risk to the public, said Staff Sgt. Todd Zelensky.

"Mr. Boyes' history is of attacks against known as well as persons unknown to him and peace officers," Zelensky said, adding Boyes

assaulted a corrections officer while serving time.

Boyes' most recent sentence stemmed from a 2000 assault that left



Boyes

a Calgarian dead. He was also convicted of manslaughter in 1990 for killing a client while working as a prostitute in Edmonton.

"One of his offences involved an alternative lifestyle, but not all of his offences, only one, so again it comes back to the random-

ness of his offences, which leads to the risk," Zelensky said.

Boyes was released with conditions and will be monitored by the police's High-Risk Offender Program for a year, after which a longer period of surveillance can be sought.



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5 speed

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\$91
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C90874

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P90913

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\$98
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5 speed

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IN STOCK

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Automatic, power windows/locks
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P90400

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Rebate \$5,500

\$134
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C90806

MSRP \$26,095

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\$154
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P90553

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Pair of city men face possession charges

Two men were charged with possession and possession for the purpose of trafficking after a vehicle two suspects were driving was pulled over for speeding. Cops found three pounds of marijuana in six sealed plastic bags. Alykhan Ahmed and Ruben Fierro, both 30, and of Calgary, face charges. **METRO CALGARY**

3

Local

**Breast cancer walk July 25-26**

The Weekend to End Breast Cancer hits the city next weekend, July 25-26, and there is still time for Calgarians to make a difference in the 60-kilometre walk. Hundreds will walk to find a cure for cancer and to benefit the Tom Baker Cancer Centre. For more information or to register please visit endcancer.ca

METRO CALGARY

Calgary in brief

UNIDENTIFIED Alberta's chief medical examiner is releasing a series of photos that depict a woman's tattoos, clothing and jewelry in hopes that people will be able to determine the identity of a woman.

DONATION The Fraternal Order of Eagles, from its Lew Reed Spinal Cord Injury Fund, presented the Alberta Children's Hospital with a cheque for \$60,000 to support research efforts for new and better ways to treat and cure chronic childhood diseases.

DRIVER City cops are looking for the driver who unintentionally caused yesterday morning's wreck along Deerfoot Trail. Police say a vehicle trying to avoid a piece of debris on the road may have caused the accident around 10 a.m. on the Ivor Strong Bridge.

EUTHANIZED The pit bull cross that was suspected of attacking an elderly man and two young girls on two separate occasions has been euthanized. The dog was euthanized after the owner failed to claim the dog, when it was impounded for more than 10 days.

MISSING Police are looking for public assistance in finding a man missing from southwest Calgary since Monday. Paul Thomson, 32, is described as Caucasian, 109 pounds, five feet, seven inches tall with a slim build, brown hair, brown eyes, a goatee and numerous tattoos. He has diminished capacity.

KING EDDY On July 23, five of the world's leading architects will unveil their vision for Cantos Music Foundations' new national music centre at the King Eddy in the East Village. Stay tuned to find out who they are and their designs.

METRO CALGARY

Garbage: Black, blue all over

City plans to add second bin for completely automated pickup



COURTESY OF WASTE AND RECYCLING SERVICES

JOEL MESSNER
for Metro Calgary

With Calgary's blue cart system now fully in place the city is now looking at putting a black cart beside it.

The black cart would hold Calgarians' garbage and allow the city to use automated pickup on both recycling and garbage.

"Picture the trucks we use for blue cart service but instead of a blue cart picture a black one, and instead of it holding recyclables it holds garbage," said Dave Griffiths the director of Waste and Recycling Services.

According to Griffiths the automated system is being brought in mainly for safety.

Ald. Fox-Mellway said Waste and Recycling Services has the highest workman compensation claims

in the entire city, so this should help keep those workers safe.

With the implementation of automated garbage pickup the amount of labour used for garbage pickup should be reduced.

"We were told the amount of work should drop from 181 (employees) to 166 even with the recycling initiative, so I'm hoping after that happens we can lower the eight dollars people are paying," said Ald. Ric McIver.

McIver wants the savings to be passed onto Calgarians but isn't sure if that is going to happen.

"I am hoping this will allow us to lower the eight dollars or something of that nature but they didn't seem to keen on that," said McIver.

"There are absolutely chances here to save us labour costs in the long term," said Griffiths.

Soon Calgarians could be seeing a black cart next to their blue one. It is part of Waste and Recycling Services plans to hopefully have automated garbage pickup citywide in 2011.

Mar hopes phone stickers deter dope deals

Calgary's 30 pay phones left on public property will be getting a new addition, and the city hopes it will deter drug deals.

New warning stickers will be placed on public pay phones that warn users that the police will be able to access phone numbers, as well as dates and times of phone calls in investigations of illegal activities.

"This is a notice to drug dealers that it is not acceptable (to use pay phones to make drug deals) and that the City of Calgary is working with the Calgary Police Service to mitigate that and control it," said Ald. John Mar.

According to Mar there will also be a curfew placed on pay phones, which will only allow pay phones to dial 9-1-1 in



JOEL MESSNER FOR METRO CALGARY

Ward 8 Ald. John Mar hopes pay phone stickers will help curb drug deals in the booths.

the inner city from 10 p.m. to 6 a.m.

The city wants to remove the anonymity pay phones provide drug dealers when making drug deals, according to Mar.

Mar knows that the stickers and the new curfews won't stop drug dealers from using pay phones to make drug deals but does think it will deter them.

JOEL MESSNER/
FOR METRO CALGARY

Alberta Green Party to miss out on next election

POLITICS The Alberta Green party is no more — for now — after they have been de-registered as a political party, according to the leader.

Leader Joe Anglin is "disappointed" by the news but acknowledges financial returns were not filed as required by Elections Alberta, because of infighting within the party.

"This all started last year and unfortunately a few militant members had not turned over the financial records and it's caused a lot of harm to the party," Anglin said.

As a result, the party cannot run candidates in the next election but Anglin is hopeful the party can restart with a fresh slate.

"It's a dark cloud but maybe there is a silver lining," Anglin said, adding the party has become a non-profit society in order to re-establish.

KRISTA SYLVESTER/METRO CALGARY

metronews.ca

What's online today.

Video Some speculate that a lack of information led to uproar over methadone clinic at metronews.ca/local

Video Gene Simmons and Shannon Tweed create a stir on Parliament Hill at metronews.ca/canada

Lotteries

Lotto 6/49: 3, 5, 16, 26, 40 & 45. Bonus 31
These results are not official.

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Canada/World

News in brief

OLYMPICS Organizers of next year's Winter Olympics in Vancouver are hoping to get thousands of volunteers and staff vaccinated against the influenza A (H1N1) virus, also known as swine flu, a medical official said yesterday. Organizers were already stockpiling antivirals and vaccine for next year's expected seasonal flu in Canada and are now talking with Canadian and international health authorities about how to respond to the global swine flu pandemic. The 2010 Vancouver Olympics will also involve 25,000 volunteers and 5,000 VANOC staff.

REUTERS

PRANK An abduction case has revealed to be a case of misunderstanding, after police canceled their search for a 16-year-old Edmonton boy. The teen was ripped from a bench at a bus stop by two men, and pulled into a van on Tuesday afternoon, police said. Horrified witnesses contacted police. Those involved contacted police after seeing their prank portrayed as an alleged kidnapping on TV.

GRAHAM MCCANN/
FOR METRO CANADA

Report berates spy agency

Federal watchdog concludes CSIS should have considered age

Canada's spy service should have considered Omar Khadr's age and the widespread allegations of abuse before interrogating him in 2003, concludes an investigation by an Ottawa watchdog agency.

The Security Intelligence Review Committee report also revealed for the first time details from a CSIS post-interrogation report that said Khadr viewed al Qaida "through the eyes of a child" who didn't know about his father's activities as a terrorist financier (according to the UN) because "he was out playing or simply not interested."

Released as Khadr appeared before a military commission in Guantanamo Bay, the report is the latest indictment in

Khadr's father

- The UN listed Khadr's father as a terrorist financier. Pakistani forces killed Ahmed Said Khadr in October 2003, but one of the reasons CSIS was eager to talk to Khadr was to gather intelligence on his father's whereabouts.

Canada's treatment of the Toronto-born captive.

Khadr was 15 when he was shot and captured in Afghanistan following a firefight with U.S. Special Forces and has now spent more than a third of his life in U.S. custody. He is charged with five war crimes, including murder for the death of U.S. Delta Force soldier Christopher Speer. **TORSTAR NEWS SERVICE**

Obama pushes on U.S. health care

U.S. Saying it was "time to get this done," U.S. President Barack Obama pressed yesterday for swift congressional action on health care after a Senate panel approved a bill to overhaul the \$2.5 trillion industry.

Panels led by his Democratic Party have stepped up activity on legislation that would meet Obama's goal of guaranteeing all Americans health care coverage, but they remain far from resolving the thorniest issue — how to come up with about

\$1 trillion over 10 years in new taxes or savings to pay for it.

The first of five congressional panels to act, the Senate health committee approved on a 13-10 vote legislation that would set up a government-run insurance program to compete with private insurers. Obama praised the panel's action, but appealed to Ameri-



Obama

cans to get involved, saying at the White House.

"It's time for us to buck up Congress, this administration, the entire federal government, to be clear that we've got to get this done."

The Senate bill would require most Americans to obtain health insurance and require employers of more than 25 workers to provide coverage or face a \$750 per worker penalty. Insurers could no longer bar people with pre-existing conditions. **REUTERS**



A man stands at the site where a Tupolev Tu-154 passenger plane crashed in Iran yesterday.

168 killed in plane crash

IRAN A Tupolev aircraft crashed in Iran yesterday on its way to Armenia after catching fire in mid-air and plowing into farmland, killing all 168 people on board just 16 minutes after takeoff.

In the worst crash in Iran for six years, the Russian-built Caspian Airlines plane left only scattered bits of incinerated metal and fragments of the bodies of 153 passengers and 15 crew across a wide area around a deep smoking crater in the ground.

Eight members of Iran's national junior judo team and two coaches were among the dead as well as a former Iranian MP representing Iran's Armenian minority and, reportedly, the wife of the head of Geor-

gia's diplomatic mission in Iran.

"I saw a finger of a passenger on the ground. There is no sign of the airplane, just small pieces of metal," said a witness. "I do not see even a complete leg or arm."

A local official said the aircraft had technical problems and tried to make an emergency landing. "Unfortunately the plane caught fire in the air and it crashed," he told the the FARS news agency.

Air safety experts have said Iran has a poor record, with a string of crashes in the past few decades — many involving older Russian-made aircraft.

It was the third deadly crash of a Tupolev Tu-154 in Iran since 2002. **REUTERS**

Activist found murdered

RUSSIA A prominent human rights activist was found dead after being kidnapped in Russia's troubled republic of Chechnya yesterday, provoking outrage from Russian President Dmitry Medvedev.

Natalia Estemirova worked for a human rights organization and docu-

mented abuses by law enforcement agencies.

Well known to diplomats and human rights activists in Russia, Estemirova was the inaugural recipient in 2007 of the Anna Politkovskaya Award, given by the charity Reach All Women in War. **REUTERS**

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Comment

Success is all in the approach ... or not

Relating

Sofi Papamarko

metronews.ca/papamarko

A man walks into a bar. He spots a seated brunette that he'd very much like to get to know. He approaches, says something witty, offers to buy her a drink. Looking bored, she declines. She's waiting for some friends.

Thanks for the offer, though.

"Shot down!" he thinks. "Women in this city are so cold."

It's been long believed that women are pickier than men when selecting sexual partners. This makes perfect sense from a biological standpoint; women have more at stake. When it comes to reproduction, females invest nine months, plus 18 or so years of child rearing. Men invest approximately nine minutes. That women are more discerning than men about their choice of mate seems logi-

cal. But a new study published in Psychological Science puts this idea through the ringer.

In their study on romantic selectivity, Eli J. Finkel and Paul Eastwick put a fascinating spin on the activity of speed dating. Generally, women are seated during speed-dating events while men rotate around the room, a trend that likely stems from the social construct that men typically initiate approach. Finkel and Eastwick experimented by also having the women rotate while the men remain seated. At the end of

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

the sessions, they had the participants indicate their levels of interest in the people they "dated." The results were surprising. No matter the gender, the Rotaters demonstrated a higher interest in the people they approached than the Sitters demonstrated in the people who approached them.

Wait, what?

"It's true that we approach people when we're

interested in them," Finkel told Metro via email. "A more subtle effect is that the mere act of approaching people makes us interested in them. Our bodies influence our mind in mysterious ways, and one of them is this effect of physically approaching on romantic attraction ... perhaps women tend to be choosier than men because they (women) are much less likely to engage in physical pursuit — for example, by approaching a man in a bar." Approaching someone increases adrenaline, confidence and triggers a host of

other physiological and psychological reactions the person being approached does not share.

Don't let this study deter you from chatting up the dreamy dreamboat of your dreams, however. As The Great One once said: "You miss 100 per cent of the shots you don't take." But maybe the next time you're interested in someone, you can beckon them over, seated comfortably at your table all the while.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

First Nations and economic independence



Chief Clarence Louie

The importance of economic independence for First Nations starts with a basic proposition: Individual band members must be provided an opportunity to provide for their families through self-generated income, not be forever dependent on underfunded federal grant programs.

What good will it be if a First Nation receives wealth from oil and gas money, casino money or government transfer payments, or a one-time multimillion-dollar land claim settlement if a majority of their people remain on welfare?

A band does not owe its

membership dependency on welfare programs but rather it owes them an opportunity to become economically independent through employment and business development.

The success of a First Nation community within the Canadian economic framework cannot be attained until there are equal chances for First Nations to be educated and provided with an opportunity to put their training to work. Nothing rips a nation state apart more and causes dependency than an unemployed population. The idleness of unemployment is a major sickness in most First Nation communities.

An employment economy creates a healthier population than handouts. Many native youth are being slowly destroyed by the absence of

FocusOn First Nations

real employment opportunities. Offering youth a welfare cheque leads to a sense of hopelessness and a lazy attitude.

When an individual gains economic independence, just as when a First Nation gains economic independence, then good health in a holistic lifestyle becomes possible.

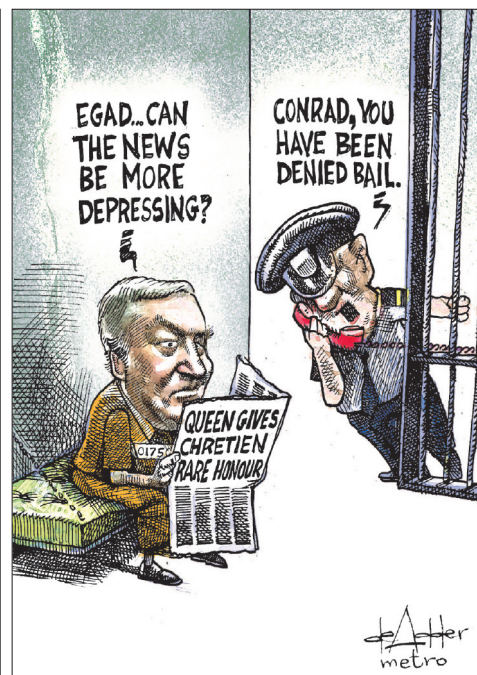
The Assembly of First Nations is one of many venues in which we must present a united front to Canadians and the Canadian government to organize economic opportunities for First Nations. The AFN's role should not be to "complain" about our situation, but to "proclaim" our intention to develop our resources, seek out

joint ventures and strengthen our economy so we can manage our own future and reclaim our inherent right as First Nations to fully participate in the economic development of our traditional territories.

I have said it many times, "There is no dignity in a welfare line" and the best social program is a decent self-supporting job.

We ask business leaders and entrepreneurs, corporate Canada and their bankers to work with us to ensure that a decade from now self-generated income for First Nations in Canada has outpaced the welfare dollars sadly provided to First Nations.

Chief Clarence Louie heads B.C.'s Osoyoos Indian Band, where he initiated development of nine businesses on band lands.



Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Amazon hit with suit over Kindle cover design
Amazon.com Inc. has been sued by a user of its Kindle electronic reader who claims the device's cover, which is designed by Apple and sold separately, can break the screen and make the device inoperable. **REUTERS**

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Business in brief

GAMING Large game publishers are going head-to-head with smaller developers who found early success offering cheap or free games via iPhone. Apple's App Store is crowded with 3,000 games — many from tiny developers — and gaining the attention of consumers is a challenge, one better handled by publishers with marketing budgets.

FORECAST The world's richest economies will grow again before year-end as the choke-hold of the worst recession in generations gradually eases, but surveys of more than 150 analysts show doubts about the recovery's strength. **REUTERS**

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BMO revamps card portfolio

Bank of Montreal is revamping its credit card portfolio, eliminating some cards while boosting rewards and discounts on others, as it tries to snag a bigger slice of Canada's growing card market.

Toronto-based BMO, a MasterCard issuer, aims to poach market share from American Express in the competitive "no-fee" card category and from CIBC in the cutthroat travel card segment.

Nancy Marescotti, director of brand marketing and card management, said yesterday that BMO wants to move its cards to the "top-in-wallet spot." Its strategy to capture more market share, however, comes when rivals have chosen to

curb card lending because of rising losses.

CIBC, which holds Canada's largest credit card portfolio, hit the brakes on growth during the second half of fiscal 2008. Canadian Tire lowered limits for inactive cardholders, while TD Canada Trust cracked down on late payers. Amex Bank of Canada, meanwhile, raised rates on some American Express cards.

Earlier this year, BMO boosted collections staff and began to proactively identify "high-risk" accounts. The bank is now taking a longer-term view of growth in its bread-and-butter retail bank. Enhancing its cards is part of that larger strategy.

TORSTAR NEWS SERVICE

Dollar soars to one-month high, nears 90 US cents

CURRENCY The dollar vaulted to its highest level against the U.S. dollar in more than a month yesterday, helped by hopes for a global economic recovery and equity-market rally that fuelled risk appetite.

Late in yesterday's session the dollar rose as high as \$1.1117 to the U.S. dollar, or 89.95 U.S. cents. That marked its highest level since June 12 and lifted it further above last week's seven-week low.

The dollar closed at \$1.1143 to the U.S. dollar, or 89.74 U.S. cents, well up from \$1.1360 to the U.S. dollar, or 88.03 U.S. cents, on Tuesday.

Helping to buoy the dollar was optimism about a global recovery after the U.S. Federal Reserve said the U.S. recession was ending. **REUTERS**



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Isles reach deal with Tavares

The foundation of the New York Islanders' rebuilding project has been put into place as the team signed centre John Tavares to a three-year, entry-level contract yesterday. **METRO NEWS SERVICES**

7

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Flames host Canucks on NHL opening night

The National Hockey League announced the 2009-10 regular-season schedule yesterday, and the retirement of Joe Sakic's No. 19 by the Colorado Avalanche highlights the opening night festivities on Oct. 1.

Sakic, who announced his retirement last week after a stellar 20-year career with the same organization, will have his number raised to the Pepsi Center rafters before Colorado battles San Jose, one of four scheduled games as the league drops the puck on the new campaign.

Four Canadian teams will also be playing on opening day.

The Toronto Maple Leafs will host the Montreal Canadiens, while the Vancouver Canucks will take on the Flames in Calgary.

The scene then shifts to Europe with four teams participating in the NHL Premiere event in Sweden and Finland on Oct. 2-3. In back-to-back games, the Detroit Red Wings and St. Louis Blues will clash in Stockholm, while the Chicago Blackhawks and Florida Panthers will meet in Helsinki to open play.

Back stateside on Oct. 2, the Pittsburgh Penguins begin defence of the Stanley

Cup against the New York Rangers and unfurl their championship banner.

One of the most anticipated events of the regular season is the NHL's third Winter Classic. On New Year's Day, the famed Green Monster will provide the backdrop as the Bruins host the Philadelphia Flyers at Boston's Fenway Park.

The league takes a respite six weeks later while the players suit up for their respective countries at the Olympics in Vancouver. The NHL season resumes March 1 and concludes on April 11.

METRO NEWS SERVICES

Tour de France Sprint to the line



A pack of riders, including AG2R-La Mondiale rider and leader's yellow jersey Rinaldo Nocentini of Italy, left, cycles through a town during the eleventh stage of the Tour de France yesterday. Astana teammates Alberto Contador and Lance Armstrong remain in second and third, respectively.

Sports in brief

BASEBALL The World Series champion Philadelphia Phillies made it official yesterday and signed veteran pitcher Pedro Martinez. Terms of the deal were not disclosed, but various reports indicated it to be a one-year deal worth about \$1 million plus another \$1.5 million in incentives.

HOCKEY The Montreal Canadiens have re-signed forward Guillaume Latendresse to a one-year contract. Terms of the deal were not disclosed. Latendresse scored 14 goals and added 12 assists for 26 points in 56 games last season.

FOOTBALL The Baltimore Ravens and linebacker Terrell Suggs agreed to a six-year contract yesterday. Financial terms were not disclosed, but the Baltimore Sun is reporting the deal to be worth \$63 million, with Suggs expected to receive \$33 million in option and signing bonuses.

FOOTBALL The San Francisco 49ers unveiled details of their proposed \$937-million-US stadium south of San Francisco that would seat 68,500 and include solar panels and a green roof, as the teams moves forward with plans to relocate to Santa Clara. **METRO NEWS SERVICES**

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Here's another item from Chairsources's Modern Noir line of furnishings. Chairsources offers residential, contract and commercial options for its wide array of furniture. See chairsources.ca for more. **METRO NEWS SERVICES**



A source for chairs

Featuring some of the most exciting and eclectic collections of furniture available, the new line from Chairsources, near Toronto, offers even more cutting edge selection, such as this item from their Modern Noir line. See chairsources.ca for more.

Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Bring outside into your home

HomeScape

Sylvia Putz

metronews.ca/homescape

Summertime is finally, gloriously, upon us, so now is the time to luxuriate in its lazy, casual vibe.

Whether you only have a little free time or are lucky to have more, enjoy our ever-so-fleeting summertime. Walk around barefoot, put on your skimpiest clothing, barbecue to your heart's content, and dine or linger outdoors.

To maximize your enjoyment of the season, you'll want to blur the line between outdoors and indoors. You'll want to push normal "inside" activities

outdoors with things like the traditional screened porch, and dining on the patio. But you'll also want to bring that luscious summery light indoors.

For me, summer with its relaxed emphasis on enjoying the season, and the lack of any sense of formality and fussiness, is a state of mind to be envied and sought after. One way to try to create that air of relaxation and easy living inside is to create an atmosphere that emphasizes comfort and informality inside the house.

Some people call bringing this feeling into the home the "cottage" look, but you can certainly create this look and feel, and keep it as a year-round style of decor, with a few accent changes to relate to the time of year. With cottage style, there's a lot of latitude.

Cottage style can take any number of themes, but whichever theme you opt for, there are some basics.

The "cottage" look is above all, airy and light, casual and easy. It means you are bringing the relaxed feel of the summertime inside, and keeping it there throughout the year. It involves light colours, airy spaces that allow light and air to flow, and fabric finishes usually in toile, chintz, floral or plain fabric. Slipcovers work well, rather than anything dark or leathery. Furniture is usually not brand-new and shiny, but often looks weathered or is often painted over in light colours. Floors are usually natural wood, with rugs or stenciled accents.

The look is often thought to be a mix of "country" and "rustic", but can be other things too. In any case, anything formal or fussy is definitely out.

At its heart, cottage style relates to how you enjoy your summer, and where you live or spend your summers. For some of us, it is the sea or a large lake, with



The "cottage" look is a good way to bring the summertime outside into your homescape.

its blues and moody greys that best represents summer. Finds from the shore, such as shells and driftwood, lobster trap pieces, and polished stones or glass can look wonderful as accents. As the seasons

change, you may substitute more seasonal accents, but the colours and themes remain.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

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Budget shortfall

Only 29 per cent of women say they budget or estimate how much a weekday dinner will cost, and a staggering 10 per cent of women flat out refuse to eat leftovers, according to a new poll from ShopSmart magazine, from the publisher of Consumer Reports. **METRO NEWS SERVICES**

9

Food

Mike's Hard Pink Lemonade has partnered with Canadian Breast Cancer Network (CBCN), to raise funds in support of its important work.

METRO NEWS SERVICES



Cheers!

Twenty-five per cent of the profit from the sales of Mike's Hard Pink Lemonade will go to the CBCN.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Apple sauce and a butter cake

Pork Fillet with Apple Mustard Sauce

SERVES 4

INGREDIENTS:

- 3/4 cup (175 ml) chicken stock
 - 1 1/3 lb (600 g) pork fillet
 - 2 small dessert apples
 - 4 scallions
 - 2 tbsp (25 ml) olive oil
 - 1 tbsp (15 ml) all-purpose flour
 - 1 sprig of fresh thyme
 - 3 tbsp (45 ml) wholegrain mustard
 - Salt and black pepper
 - 5 tbsp (75 ml) heavy cream
 - 2 tbsp (25 ml) Calvados or brandy
- Garnish:**
- 4 sprigs of thyme

METHOD:

Put chicken stock on to warm through. Trim off fat

and tissue from pork fillet, then cut into 1/2 in. (1 cm) slices.

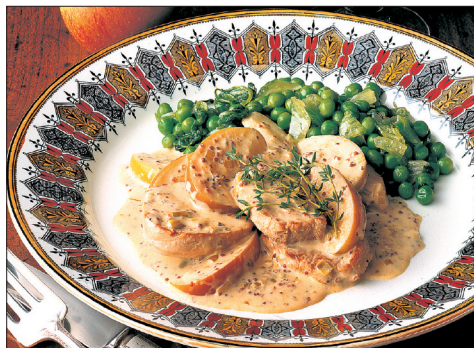
Rinse, quarter, core and slice apples, and rinse, trim and chop scallions. Set aside.

Heat oil in large frying pan, add pork fillet slices and fry over high heat 1 minute per side or until meat is very lightly browned.

Stir flour into pan and cook 2 minutes, stirring. Then add onions and stock and bring to boil, still stirring.

Rinse and dry 1 sprig of thyme, then strip leaves and add to pan with apples and mustard, salt and pepper. Continue cooking over moderate heat 4 minutes, or until pork is cooked through.

Stir cream into sauce,



Pork Fillet with Apple Mustard Sauce.

then simmer gently 2 minutes. Pour in Calvados or brandy, increase heat slightly and cook gently 2 minutes, then transfer on to four individual plates to serve, and garnish each with sprig of thyme.

Welsh Hot Butter Cake

SERVES 8

INGREDIENTS:

- 1/4 lb (125 g) salted butter, at room temperature
- 1/3 cup (75 ml) sugar
- 3 large eggs



Welsh Hot Butter Cake.

- 1 cup plus 1 tbsp (265 ml) self-raising flour
 - 4 tbsp (60 ml) golden raisins
 - 1 tbsp (15 ml) milk
- Topping:**
- 2 1/2 tbsp (30 ml) salted butter, at room temperature
 - 2 tbsp (25 ml) brown sugar
 - 1/2 tsp (2 ml) ground cinnamon

Read more on [page 10](#) »

On the web



Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant to read Diane's recipe for raw sushi.

Liquid Assets:

- Peter Rockwell delves into Italy: "Italian grapes and geography have become synonymous with wine culture." To read this week's column, visit metronews.ca/liquidassets



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Women who do at least half their household's grocery shopping report they spend, on average, \$115 per week on groceries, only a dollar less than the average in November 2007, according to a new poll from ShopSmart magazine. **METRO NEWS SERVICES**

***** INSPIRED; **** VERY GOOD; *** PALATABLE; ** HO-HUM; * NEVER AGAIN

>> Continued from page 9

METHOD:

Preheat oven to 375 F (190 C). Grease 8 in. (20 cm) round non-stick cake pan with a little of the butter and line base with baking paper.

Using an electric whisk,

cream remaining butter and sugar in bowl, until light and fluffy. Beat in eggs, one at a time, then fold in flour. Add raisins and milk and mix. Spread mixture in pan. Bake cake in centre of oven 15-20 minutes, until is well risen, firm and golden.

For spiced butter top-

ping, put butter into mixing bowl with brown sugar and cinnamon and mash together.

When cake is done, remove from oven and spread butter over top. Leave to stand until butter has soaked in, then remove from tin, cut into wedges and serve.

The Perk delightful

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Carla Ciccone

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Lunch w/co-workers: Yes

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Ordered: 12:30 p.m.

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Total time: 40 minutes

Low \$: Chocolate Chip Cookie, \$2

High \$: Lasagna, \$8.95

Lunch menu: Same Menu, daily lunch specials

Licensed: No

Known as "the Perk" to loyalists, The Purple Perk

has become the go-to coffee shop of the Mission area.

It has the look of an ice-cream shop from days gone by, with a beautifully curved front counter, dark woods on the counter's façade and on the ceiling, and beautifully tiled floors. The retro vibe of the place is perfectly matched by modern day niceties like free wireless internet, which many patrons take full advantage of with laptops in tow when they get there.

At lunch, however, a crowd accumulates not just for the fresh coffee or the web access, but for the grub too. Well-made, simple dishes are offered up with a dash of flair and a simple aesthetic and the

result is a busy lunch rush.

Being a fan of their coffees, teas and sweets, I was eager to try out their lunch fare. The Chicken Pot Pie (\$6.95) that I ordered was heated to perfection and its ingredient combination tasted just right. It also came with a side of their crispy homemade chips, which many dishes do. The food is made onsite and can be taken out to eat at home or in the office, or heated up to enjoy in the cafe.

I'd highly recommend the Purple Perk as a great place to lunch, dine, snack, and of course, to have coffee. The prices are reasonable, the staff is friendly, the food is tasty, and the atmosphere delightful. Try it, you'll see!



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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Is it too **early** to shop **for fall**?

What to wear now, what to save for later

KENYA HUNT
Metro World News

Stores are already receiving fall shipments, and while it feels ridiculous to think about your autumn wardrobe now, here are a few reasons to try:

- It gets old staring at all the picked-over dregs from the summer collections ly-

ing around in the shops.

- You can start wearing about half of the major trends now.

- The more you shop, the more you help the economy.

- The fall trends are the most accessible they've been in ages. That means solid, wearable clothes you can rock in the office rather than too-trendy items that only make sense on the runway.

Here are a few of fall's dominant trends and how you can approach them.

- KEY**
- Timeless
 - It's so right now
 - Take it from summer to fall
 - It's so trendy it has an expiration date
 - Wear it with caution
 - Office-friendly
 - Not for beginners
 - Looks great on almost everyone

1 The bold shoulder

It's safe to say that the sharp, shoulder-padded Balmain jacket, and its legions of knockoffs, will rule fall — just the way it did summer.

Just be mindful of the jacket's shape before you buy it. If ill fitting, shoulder pads can easily veer into bad 1990s territory. Pair it with a pair of men's trousers for day or ripped jeans and studded boots for night.



Balmain



2 Power dressing

From Donna Karan's career-woman separates to Lanvin's sophisticated suits, fall has plenty to offer women for the office, whether the priority is nailing a job interview or scoring that promotion. Transition a sharp suit into your wardrobe now.



3 Thigh-high boots

Rodarte and Nicholas Kirkwood kicked the trend off during New York Fashion Week with a series of show-stealing, bandaged, thigh-high boots. Afterwards, the sexy shoes popped up everywhere — Stella McCartney, Gucci, Louis Vuitton, Isabel Marant, you name it. The appeal of the thigh-high boot is that it's universally sexy. The down side is that it's super trendy. The big question: Will women want to spend so much money on a shoe that may feel tired in a year?



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When to wear what

Experts provide answers to common but pressing style quandaries

Who are you wearing? What's the latest trend? Where am I wearing this? Relevant questions, certainly. But of all the dilemmas facing the modern-day fashion consumer, it's the "when's" that turn usually confident, self-as-

sured people into self-conscious ditherers.

1. When should I adopt a trend? "Before the curve. If you see it on any-

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one from The Hills or Britney Spears or featured in InStyle or any of those

tabloids, forget it. It's so done. Unless of course, it's on Rihanna or Gwen Stefani, who are always ahead of the pack." — Georgia Groom, wardrobe stylist.

2. When is it too late (or too early) to wear white? Do Labour Day rules apply? "That rule is meant to be broken. Chanel made the white tweed suit a perennial year-round. Also just look at the white shirt or ski wear: white today is seasonless. "White has also entered the new world of social consciousness and sustainability — non-

coloured organic cotton in natural and unbleached fabrics. White will become the new black." — Barbara Atkin, vice-president of fashion direction, Holt Renfrew.

3. At what age should a woman cut her hair short?

"It depends on the individual, the type of hair, whether it changes with age, her career and lifestyle. The length of hair is not dictated by age. That's so old school." — Ivan Gibski, hairstylist and director of Flaunt Boutique

4. When should a man buy his first good suit?

"Men shouldn't wait until there's an occasion like a wedding or a prom. They should have one in their closet. The day they decide they want to make a good impression is the day they should buy a good suit." — Melissa Austria, owner of Got-style menswear boutique.

5. When is a girl old enough to wear makeup?

"Whenever she is comfortable and expresses an interest. My daughter and her friends in high school experiment mostly with a little lipgloss, eyeliner and concealer when they get breakouts." — Susie Sheffman, fashion director of Fashion magazine.

6. When should a woman stop wearing open-toed shoes? "We as Canadians try to drag summer out, but by the end of September, it's time to get into boots." — Stuart Rice, marketing director, Browns. **TORSTAR NEWS SERVICE**

Robert Redford married artist Sibylle Szaggars on Saturday evening at the luxury Louis C. Jacob Hotel in Hamburg, Germany, in front of 30 family and friends, it has been confirmed by people.com. **METRO NEWS SERVICES**

Celebrity Buzz

'We raided Neverland'

O BROTHER! WHERE ART THOU?

Despite Michael Jackson's reported orders that his family not be permitted inside the gates of Neverland for fear they would observe him abusing prescription drugs, older brother Tito Jackson claims that his siblings once staged a raid in an attempted intervention, people.com reports.

"I never saw (Michael) on drugs. Not once. He deliberately did it away from us. He didn't want his family to know anything about that part of him. He did al-

most everything in his power to make sure we didn't know," Jackson, 55, tells Britain's Daily Mirror in a lengthy interview Wednesday.

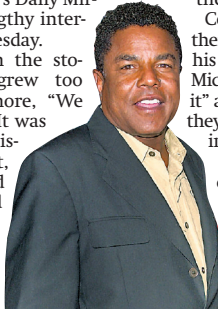
But when the stories just grew too loud to ignore, "We had to act. It was me, my sisters Janet, Rebbie and La Toya and my brothers, Jackie and Randy,"

says Jackson — adding that they all barged in and "surprised" Michael, "to say the least."

Confronted with their questions about his doing drugs, Michael "kept denying it" and told his siblings they were "overreacting," says Jackson.

Michael's recent death is currently being treated as a "homicide," according to TMZ.com.

METRO NEWS SERVICES



Jesus getting boy-toy message

JUST LUST FOR LUZ Madonna's 22-year-old Brazilian boy-toy, Jesus Luz, may be ready to walk now that he's realized the singer will never take him seriously, sources say.

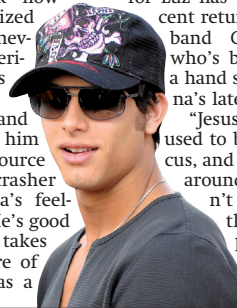
"He's pretty and she can boss him around," a source tells Gatecrasher about Madonna's feelings for Luz. "He's good in bed. And he takes really good care of her kids. But as a

life partner? No. He's child's play."

Making matters worse for Luz has been the recent return of ex-husband Guy Ritchie who's been lending a hand since Madonna's latest adoption.

"Jesus has gotten used to being her focus, and when Guy is around, that doesn't happen," the source explains.

METRO WORLD NEWS



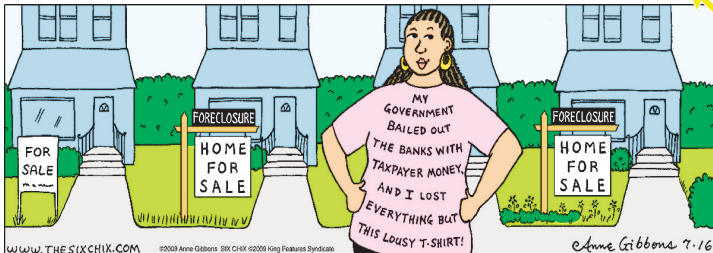
Fox hunting for another house

SINGLE AGAIN? Megan Fox spent the weekend checking out homes in Hollywood Hills with a real estate agent, according to the Daily Mail. Since she currently shares a home with on-again, off-again boyfriend Brian Austin Green, does this suggest that the couple is once again off? "I'm currently what you would call single, I guess," Fox said recently. **METRO WORLD NEWS**



ComicsOnline

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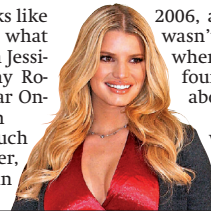
Did Jess get dumped over Mayer?

VEXED BY THE EX It looks like a famous ex may be what finally came between Jessica Simpson and Tony Romo. Sources tell Radar Online that Simpson was keeping in touch with John Mayer, whom she dated in

2006, and Romo wasn't thrilled when he found out about it. "They were hanging out and

he picked up her phone and she got defensive about it. Tony found messages from John and went ballistic," a source says. "Tony dumped her right then. He walked out and that was it."

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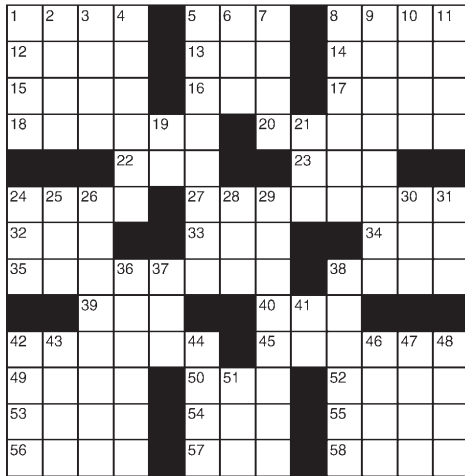
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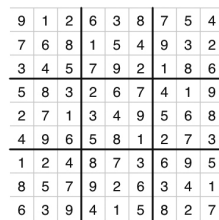
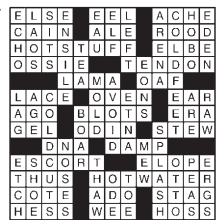
Crossword across

- 1 Bellow
- 5 Indispensable
- 8 Not up and about
- 12 Shrek is one
- 13 Epoch
- 14 Wheel hub
- 15 Evidenced a pinprick
- 16 Present
- 17 Smooth-talking
- 18 Old salt
- 20 Witch's incantations
- 22 Mound stat
- 23 Crafty
- 24 Deer little one?
- 27 Plundered
- 32 Eggs
- 33 Kimono belt
- 34 "— the ramparts ..."
- 35 Borrow money
- 38 Slow
- 39 Flightless bird
- 40 Rotation duration
- 42 Indicates "I dunno"
- 45 Star-related
- 49 Lofty
- 50 Hooter
- 52 Vagrant
- 53 Shaving cream additive
- 54 Privy
- 55 Piece of work
- 56 Ink smudge
- 57 Yoko of music
- 58 Profits

Crossword down

- 1 Plagiarizes
- 2 Watch impolitely
- 3 Vicinity
- 4 Blush
- 5 Aussie critter
- 6 Id counterpart
- 7 Evergreens
- 8 "— & Demons"
- 9 Flamboyant pitch
- 10 Satan's forte
- 11 Socialist candidate
- 12 Eugene
- 19 If not
- 21 Omega preceder
- 24 Navigation hindrance
- 25 St. crosser
- 26 Napoleon's downfall
- 28 Lawyers' org.
- 29 Curried recipe
- 30 "A mouse!"
- 31 Desiccate
- 36 Charm
- 37 Drag along
- 38 Big constrictor
- 41 For example
- 42 Impale
- 43 Corridor
- 44 Song for one
- 46 Hitchcock tour de force
- 47 Touch
- 48 Privation
- 51 Triumphed

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



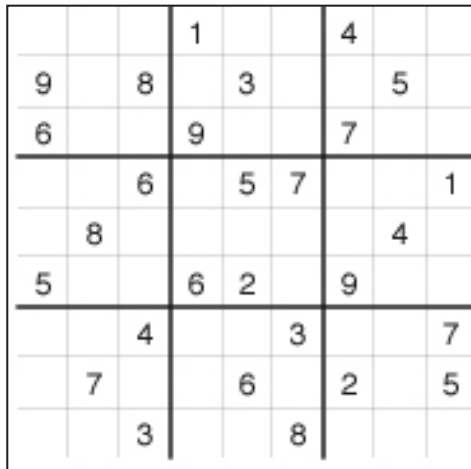
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SUDOKU SOLVE TIME:
 Under 13 minGenius
 13-17 minScholar
 17-21 minSmart
 21-25 minNot bad
 25+ minKeep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Mango Curried Chicken

Submitted by Laurie Chambers, Toronto, ON

submitted by a Club Member!

INGREDIENTS:

- 1 can of mangoes
- 1 chicken breast
- 1 bunch of fresh cilantro
- 1 tbsp of madras curry paste
- 1 package of vermicelli rice noodles

METHOD:

Empty the juice/syrup of the can of mangoes into a pot warming on the stove. Add the tbsp of curry paste and stir. Once the curry paste has dissolved into the juice, add the chicken in cubes or strips. Once the chicken is thoroughly cooked, add some chopped cilantro to

taste. At this time, add the mangoes that are left in the can (cut to edible size). Cook for 3 min. Place Mango Curry Chicken over cooked rice noodles and serve hot. Add a sprig of fresh cilantro to garnish.

SERVES 2-4

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES



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Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20

You have never been the type to follow the herd. Go your own way, do your own thing and, if certain people don't like it, do it some more.

LIBRA
SEPT 23-OCT 23

The best way to handle the stress in your life is to take nothing too seriously, not even yourself.

TAURUS
APRIL 21-MAY 21

No matter your age or your social position you will come up with a vision that leaves those you work and do business with dumbstruck in admiration.

SCORPIO
OCT 24-NOV 22

You can do almost anything you like today, but there is one thing you must not do and that is to let other people speak for you.

GEMINI
MAY 22-JUNE 21

Use your powers of persuasion to make sure you get your share of whatever financial and material goodies may be up for grabs.

SAGITTARIUS
NOV 23-DEC 21

You may not want to believe that someone would cheat you, but can you afford to take the chance? Be on the lookout for signs of evasiveness today.

CANCER
JUNE 22-JULY 22

Take a few chances today. With mind planet Mercury linked in the best possible way to Uranus, your ideas will be, to say the least, a bit out of the ordinary.

CAPRICORN
DEC 22-JAN 20

Not only will you be daring in action today but your mind will be razor sharp, and with that kind of combination you are sure to go far.

LEO
JULY 23-AUG 23

Don't sit there waiting for others to make the first move. You're a Leo, you're supposed to be a leader, not a follower.

AQUARIUS
JAN 21-FEB 18

A good deed you do for someone you barely know will have a number of positive effects over the next few days.

VIRGO
AUG 24-SEPT 22

The whole world seems to be singing your praises, which is nice, but don't let it go to your head. You know what they say about pride coming before a fall.

PISCES
FEB 19-MARCH 20

Your highly artistic nature will be much in demand today and you may have to turn down offers because you already have too much on your plate.

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